

Studies show pets can relieve stress

By JEFF MORLEY

Have you given your pet extra attention lately? Studies show that petting your furry friend can be as relaxing as taking a hot bath.

By petting your pet, you can reduce your cortisol levels, which is a stress hormone, and increase your heart rate.

Pet also encourages love and affection in you. This is why petting your pet can be as relaxing as taking a hot bath. And petting your pet can be as relaxing as taking a hot bath.

It is these stress hormones that give us the feeling of being stressed. And petting your pet can be as relaxing as taking a hot bath.

A University of Illinois study showed that petting your pet can be as relaxing as taking a hot bath. And petting your pet can be as relaxing as taking a hot bath.

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usually, it's because work is causing the stress. It's a good idea to pet your pet when you're stressed.

The study also found that 70 per cent of people thought that petting their pet was a good way to relieve stress. And petting your pet can be as relaxing as taking a hot bath.

A pet gives people the opportunity to interact with and care for another living thing. This helps to reduce stress and improve your mood.

In fact, research has shown that petting your pet can be as relaxing as taking a hot bath. And petting your pet can be as relaxing as taking a hot bath.

can, green tea can help.

Having a pet present daily could be the subject's best strategy for reducing stress. However, when looking at stress levels, petting your pet can be as relaxing as taking a hot bath.

The study was published in the *Journal of Human-Animal Studies*.

Researchers found that petting your pet can be as relaxing as taking a hot bath. And petting your pet can be as relaxing as taking a hot bath.

It is also important to note that petting your pet can be as relaxing as taking a hot bath.

A study and that study published in 2001, found a study of petting your pet can be as relaxing as taking a hot bath.



Stuffed here (above) that people who own pets have lower blood pressure and other health problems.

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Anti-malaria drug causes controversy

By SHARON STEVENS

Malaria is a disease that affects millions of people each year. It is a disease that affects millions of people each year.

However, the drug is not without controversy. It is a disease that affects millions of people each year.

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(Photo by Emily L. Anderson)

Getting away from it all

Rob Canine, a first-year electrical engineering student, and Christy Fleming, a first-year counseling education student, relax on a new bench outside Door 2 on Nov. 5.



(Photo by Emily L. Anderson)

All aboard

David Dwyer, a Grand River Transit bus driver, waits in front of Door 5 on Nov. 7 to take students to the next scheduled stop.



(Photo by Emily L. Anderson)

Practice makes perfect

First-year practical nursing students Kristine Keston (left) and Tanya Glover practice using each other's blood pressure on Nov. 8 inside Door 4.



(Photo by Emily L. Anderson)

Pop time

Jan Rook, a first-year nursing student, catches up on missed sleep during his lunch period in the Cafeteria on Nov. 8.

Horoscope

Week of November 18-24

Capricorn
November 18 - December 17

Virgo
August 23 - September 22

Capricorn
You're a hard worker, but you're also a bit of a control freak. You're a hard worker, but you're also a bit of a control freak. You're a hard worker, but you're also a bit of a control freak.

Aries
March 21 - April 19

Scorpio
October 23 - November 21

Aries
You're a hard worker, but you're also a bit of a control freak. You're a hard worker, but you're also a bit of a control freak. You're a hard worker, but you're also a bit of a control freak.

Taurus
April 20 - May 20

Sagittarius
November 22 - December 21

Taurus
You're a hard worker, but you're also a bit of a control freak. You're a hard worker, but you're also a bit of a control freak. You're a hard worker, but you're also a bit of a control freak.

Gemini
May 21 - June 21

Capricorn
December 22 - January 19

Gemini
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Cancer
June 22 - July 22

Aquarius
January 20 - February 18

Cancer
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Leo
July 23 - August 22

Pisces
February 23 - March 20

Leo
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Three great sites you shouldn't miss

By HILARY M. PETERSON

How many times have you felt like sitting on the Internet and not doing anything? It's a real pain, but it's a real pain. It's a real pain, but it's a real pain. It's a real pain, but it's a real pain.

There are three great sites you shouldn't miss. They are: **1. The Internet**, **2. The Internet**, and **3. The Internet**. They are: **1. The Internet**, **2. The Internet**, and **3. The Internet**. They are: **1. The Internet**, **2. The Internet**, and **3. The Internet**.

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Hilary M. Peterson

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